



# January 2017: Occupational Wellbeing and Retirement Planning



## **Get Involved!**

Welcome to the January issue of [TotalWellbeing](#)! If you have been following TotalWellbeing you know that every month we focus on one of the [8 Dimensions of Wellbeing](#). This year will be looking at these dimensions in conjunction with a monthly topic and how those two things vary in our communities. This month we will hone in on Retirement Planning and how different people may view how to go about that and how planning for your retirement affects your Occupational Wellbeing. For a closer look at this month's topic and helpful resources please check out [The Path](#) and [The Connection](#) below.

Last month [MINESblog](#) saw two important posts that we hope you found useful. To recap, in case you missed them, we talked about [Colorado Gives Day](#) which is an annual charity day that supports Colorado non-profit organizations that do great work all year around. If you missed it but still want to donate head over to [coloradogives.org](http://coloradogives.org) to see how you might still contribute. Next, we know that the holidays can be a stressful time of year so we posted a guide to [find joy amidst all the holiday madness](#).

As always, for more information please check out the links to the left or hit the share button to send us a message, and to be notified when we post more resources and articles make sure to subscribe to [MINESblog](#). See you next month!

To your total wellbeing,  
The MINES Team

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## **THE PATH: HOW RETIREMENT PLANNING AFFECTS YOUR WELLBEING**

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Did you know that almost every country has some form of pension and social security benefits whether it is government funded or paid into by the employee? It is pretty incredible to think that so many countries see the importance and value of planning for the time when you will no longer work, either voluntarily or due to circumstances out of your control. Italy even has an elective residency visa that is generally used by foreigners who are retired and want to live in the Italian countryside. So how are you preparing for your retirement? Whether you are at the beginning or the end of your career it is important to your overall wellbeing to think about and find ways to start planning for retirement. Your occupational wellbeing is an important aspect of this. If you prepare for your retirement, you will feel happier as you get closer to that point. You will be able to focus your energy for your occupational wellbeing toward other work related issues rather than having to scramble that last year before you retire or feeling like you will never be able to retire.

It is never too early to start preparing for your retirement. Check out [these resources](#).

### **Tips for you:**

Talk to your co-workers or Human Resources and see what they have done to start preparing for the future. It is never too late to start that 401k or talk to a professional about it and you might have some great resources available at work.

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## **THE CONNECTION: GET INVOLVED**

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Wellbeing does not simply start and stop at the individual. Our community is connected to each of our own individual wellbeing in a huge way. When we are well we can better function within our community. We can help our fellow humans thrive, and in turn, when our community is prospering, it helps each of us reach our goals as individuals. So why not help our community so we can all thrive together? Each month we will strive to bring you resources that can help you enhance the wellbeing of those around you or get involved with important causes.

### **Community Wellbeing Resources:**

This month, think about contacting your local shelter or organization and helping others work on their occupational wellbeing, whether it is helping them write a resume, coaching them on interview techniques, or helping them develop computer skills. Use your individual skill set to help someone else take a step toward keeping their occupational wellbeing strong and healthy. Check out this website and look for ways you can help in your community [here!](#)

Don't forget that PersonalAdvantage, your online benefit through MINES, has tons of great resources for all the dimensions of

wellbeing that we discuss here, along with some articles and assistance for Retirement Planning. If you haven't checked it out yet, or want to see what resources they have for this month's topic check out the link below. You'll need your company login, so make sure to get that from your employer or email us and we'll be happy to provide that to you.

[Check Out PersonalAdvantage Here!](#)

***If you or a member of your household needs assistance or guidance on any of these wellbeing topics, please call MINES & Associates, your EAP, today for free, confidential, 24/7 assistance at 800.873.7138.***

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